

Warrior King *Crash Energy Program*

Introduction

Warrior Kings strive for peak energy. With peak energy levels warriors can accomplish all those things they want in life. Like making money, chasing women, showing off their muscles and manly strength, intimidating enemies, and causing general mayhem in a fun sort of way.

With peak energy, you feel good all the time. If you are the typical warrior, you want to achieve these peak levels, yet you don't have a lot of time to accomplish this.

In our *Crash Energy Program* we searched, researched, tested, and perfected several key phases of energy development that give you all the energy you will ever need to kick ass and chase beautiful damsels, plus you'll build muscle and strength like never before. And you can achieve this in minimal time. You won't have to spend hours in fitness center or running for hours a week. You won't have to starve yourself. A few simple dietary adjustments turn your body into an energy dynamo.

These strategies are the newest and the best. They have been tested and proven to work. They have been created by doctors, scientists, nutritionists, and martial arts gurus. Some strategies will run counter to what you have been taught. But the good news is they work and they are not hard to do. If you make the commitment to try them, you will be amazed at the results.

We have divided the *Crash Energy Program* into several key phases:

- physical conditioning for energy
- strength and muscle development
- diet for energy
- energy enhancers
- energy destroyers.

We will cover the physical conditioning phase first. It is the quickest, the most powerful energy producer you can find, hands down.

PACE: Warrior King Physical Conditioning

If there were one basic thing you could do to insure your highest level of energy, what would it be? The answer is simple, but the execution has been hard for many men.

Exercise is the supreme energy producer.

Does that mean a lot of sweat and pain? Does it mean long distance running, cycling, or lactic acid burn weight lifting? No, definitely not. So don't panic if you are the typical

couch potato. We have done extensive research and we are going to put you on the most effective program ever without killing yourself or going through great bodily pain.

Why don't you have that boundless energy man is heir to?

You don't exercise (correctly).

If you don't have boundless energy, you are in one of two situations. Either you don't exercise (at least consistently) or you are exercising in the wrong way. It is that simple.

Most people today are laboring under old misconceptions about how the body works, how it creates energy, and how the body burns fat and creates muscle.

What if you could achieve supreme physical conditioning with three 12 to 20 minute workouts a week? Sound amazing?

There is a Fountain of Youth, and a Fountain of Energy.

How would you like to raise your HGH (human growth hormone) levels? This is your "anti-aging" hormone or fountain of youth. Incidentally, when you do aerobics you do not raise your HGH level.

How you would like to burn 9 times more fat than when you do aerobics? In only 12 to 20 minutes?

Improve your lung capacity and strengthen your heart? Fight fatigue, strengthen your immune system, maintain proper glucose level?

Sound amazing? Yet this system is a proven winner and our pick for the best physical conditioning, energy building program for today's Warrior King.

The program was developed by Dr. Al Sears. He calls it **PACE** or Progressively Accelerating Cardiopulmonary Exertion. He outlines this system in a his book ***Rediscover Your Native Fitness***. I would highly recommend you buy this book. I will direct you to his web site at the end of this section.

How is **PACE** different from aerobics and why is it superior? How can you spend less time exercising yet get much better results?

Hands Down the Best Physical Conditioning System in the World

What makes this system so damn good? Here's the misconception about conditioning that has dominated our thinking since the beginning of the aerobics craze.

The BIG Myth: low to moderate intensive, long duration work-outs are best.

This has been taken as gospel for many years. These kinds of work outs are at the heart of the aerobics craze. The father of aerobics was Dr. Kenneth Cooper who thought moderate exercise done for a long period of time was best for aerobic conditioning and a healthy heart. On the surface this seems to make a lot of sense. Aren't longer workouts better?

His ideas were never backed up by research and recently his ideas have been under fire. One study at Harvard showed there was another way to exercise that reduced heart attacks by 100% compared to aerobics. In addition, recent tests with control groups have shown aerobics is not the best way to burn off fat and it is not the best way to increase lung capacity.

If moderate intensity, long durational conditioning is not the best way to achieve maximum conditioning and energy levels, then what is?

Best conditioning strategy: short, intense outbursts with recovery

How can this be? In one of the controlled experiments on this strategy at Laval University in Quebec, scientists divided students into two groups. One group cycled for a straight 45 minutes. The other group cycled in short intensive intervals of 15 to 90 seconds. They rested or slowed down to gain recovery or an equal amount of time.

The first group did burn more calories. So this is the way to go, right? Wrong. The interval group that did the bursts and recovery "lost 9 times more fat" than the endurance group. What you are after is not overall weight loss, but fat weight loss.

How does this happen? From *Rediscover Your Native Fitness* :

If you burn glycogen (a form of carbohydrate) while you exercise, your body will burn fat after the workout in order to restore its fuel levels in your muscle tissue. If you do this repeatedly, your body becomes used to burning fat after each workout.

Dr. Sears discovered that the way you exercise affects your metabolism long after your workout session. In fact, it can affect your metabolism for several days. So the important changes happen after you exercise. The metabolism for the interval group increased more and lasted longer than the endurance group and burned more of that ugly fat.

To quote Dr. Sears:

Short bursts of exercise tell your body that storing energy as fat is inefficient, since you never exercise long enough to utilize the fat during each session. Carbohydrates, which are stored in muscle rather than fat, burn energy at high rates. Exercising for short periods will use these carbs and burn much more fat after exercising while you replenish the carbs. Short interval exercise maximizes fat "after burn."

Short, intensive bursts of activity are better for your heart than long, low to moderate intensity. The intensive exercise challenges the heart and lungs. This causes your heart to grow stronger and it increases your lung capacity. It's been proven (contrary to popular belief) that long distance running actually shrinks the heart due to prolonged stress. That's why you hear about long distance runners getting heart attacks.

The important point to remember is that short intensive interval training delivers better physical conditioning, leads to fat loss much quicker, helps produce HGH in your body, and boosts your immune system better than the so called aerobics work outs. It also strengthens the heart and increases the lung capacity.

What does Dr. Sears call this activity if it is not aerobic? He calls this form of exercise "supra-aerobic." Supra-aerobic states trigger human growth hormone which burns fat. It increases your VO2 max.

When this happens, you are successfully building up reserve capacity in your heart, expanding your lung volume, triggering the production of growth hormone and melting away fat.

A bulletproof heart, powerful lungs, strong muscles, youthful features, no excess fat and a long life.

After six weeks, the group doing the short, high-intensity workouts improved their VO2 Max by 14 percent and their anaerobic capacity by a remarkable 28 percent.

The amazing discovery is that with supra-aerobic exercise you can achieve all these benefits in a 12 to 20 minute workout. Seems unbelievable, but this has been tested over and over again. By working out 3 times a week you will gain the following benefits:

- lose pounds of belly fat
- build functional new muscle
- reverse heart disease
- build energy reserves available on demand
- strengthen your immune system
- reverse many of the changes of aging

And the biggest benefit is that you will increase your energy level.

Dr. Sears alludes to the warrior concept:

Lung volume and reserve capacity are two key principles of anti-aging. By creating an oxygen deficit after each interval, you are building the body of a warrior. A body that builds muscle and burns fat. (underlining is Dr. Sears).

What you need to remember is that aerobic exercise is a low to moderate intensity level for long duration whereas supra-aerobics is intense bursts for a short duration followed by a recovery period.

Actually, it is a little more complicated than this, because most supposed “aerobic” workouts end up becoming anerobic. If you want a more detailed explanation, I highly recommend the book.

According to Dr. Sears supra-aerobics mimics what our hunter and warrior forefathers did. This is why it is more natural than the much publicized and popularized “aerobic” workouts, hence the title ***Rediscover Your Native Fitness***.

So how do you achieve all this? What do you actually do?

The Pace Program

The Pace Program is based on the concept of challenging your heart and lungs and raising your metabolism rate for a longer period of time. Once your heart starts pumping and you start panting for air, you will do a recovery period. During this recovery period, your heart will return to a slower rate and your breathing will slow down. Then the process will be repeated until you have done anywhere from 1 to 5 sets.

What are the best forms of exercise for this? You can do cycling (indoor or outdoor), running, treadmill, elliptical machine, stair-stepper, swimming, jumping on a trampoline, anything to get to that state where you are panting and your heart is racing.

So start with the activity you enjoy the most. Start with a ten minute session and build up later to a 12 minute session and eventually to a 20 minute session, all you need to achieve maximum conditioning.

Here’s the ten minute session which is recommended for beginners to the PACE workouts.

You will do 5 sets. What is a set? A set is one period of exertion followed by one period of recovery (not total rest but very light activity). How fast do you run or cycle? If after the minute of exertion, your heart is beating faster and your are panting, you know you have reached an “supra-aerobic” state.

Starting with running, cycling, or whatever you choose:

Set 1		Set 2		Set 3		Set 4		Set 5	
Exertion	Recovery								
1 min									

That's all there is to it. Do you completely stop during the recovery time? No, if you were running just walk slowly for a minute. If you were cycling, slow way down. It's a matter of slowing down your pace.

You can improve your health, raise your energy level, and improve your conditioning level dramatically in only 12 weeks with PACE. Within 18 months you will be in superb physical shape and your energy level will amaze you. Once you add in the strength building and nutrition components of the ***Crash Energy Program*** you will attain that warrior energy that is rightfully yours.

Building on the Pace Program

Most programs reach a plateau where you aren't gaining much. Unless the body is introduced to new challenges, it won't respond to keep at its best. How does PACE overcome this problem? It uses the principles of incremental intensity, decreasing duration and acceleration, or what Dr. Sears calls progressivity.

Progressivity

Progressivity means making small changes to your program. Changes challenge the body. Your body then makes adaptive responses. They don't have to be big changes. Small ones will do fine.

For example, say you have been using a stationary bicycle. You are doing your regular 1 minute exertion, recovery sets. Say you have been using a certain setting on your bike. Now change it. Move the setting up a notch to make it harder. You can decrease the time to 50 seconds. If you are running, cut the time to 45 seconds, but run faster. It's that simple. You can change resistance levels, time, number of sets, speed, or the type of exercise, all of which create a different demand on the body.

Here's a great example from the Pace Program and progressivity in action from Dr. Sears: (This is a great example of seeing the difference between the traditional workouts of the past and Dr. Sears PACE program). He brought in two twins, one to do a traditional conditioning program and the other to use the PACE program:

At the start of the study, both twins ran one mile each, three times a week. Over the course of 16 weeks, the "PACE" twin progressively decreased her distance to fit the PACE® program. The "cardio" twin progressively increased her distance to match a traditional cardio routine. By the end of the study, the PACE® twin was ***sprinting*** 6 exercise sets. Each set had a 50-yard exertion interval followed by a recovery period of 30 seconds. The cardio twin was ***jogging*** 10 miles straight with no breaks.

The results? The PACE® twin went from 24.5% body fat all the way down to 10% for a total fat loss of 18 pounds. What's more, she gained 9 pounds of pure muscle.

The cardio twin lost fat, but not as much. She also started at 24.5% body fat but went down to only 19.5% body fat for a total fat loss of 8 pounds. Not bad, but instead of gaining valuable muscle, the cardio twin actually lost 2 pounds of muscle.

Lost two pounds of muscle? No thanks, warriors want more muscle. No wonder long distance runners look like skeletons.

It should be noted that the twins were picked because they were almost perfectly identical in body weight, body fat, and athletic ability. Concluding, Dr. Sears writes:

Overall, **the PACE twin lost 125% more fat** than the cardio twin, and gained 9 pounds of muscle, where the cardio twin **lost muscle**.

Moving to a 12 minute program looks like this:

. Remember you are doing this 3 times a week or every other day.

Week 1: You will do only one set. Warm up for 3 minutes. Do a 6 minute exertion. Do a 3 minute recovery. Total = 12 minutes

Week 2: You will do 2 sets. Do a 2 minute warm up. Each set will be 3 minutes exertion, 2 minutes recovery. Total = 12 minutes

Week 3: You will do 3 sets. Everything will be 2 minutes. Warm up 2 minutes, exertion 2 minutes, recover 2 minutes. Total = 12 minutes (Warm ups are not part of sets; you will only do a warm up once no matter how many sets).

Week 4: You will do 3 sets. You will do a 3 minute warm up, 2 minutes exertion, 1 minute recovery. Total = 12 minutes.

You will increase your level of intensity during your exertion phase as it decreases; however, it is not necessary to overdo it. Just increase the intensity slightly.

You will change your PACE Program every 6 to 8 weeks. The change in routine keeps your body adapting to the exercise which achieves maximum conditioning for your body.

Remember to vary the exercises you do. So if you have been running, a good change would be to change to cycling. You have many choices such as the elliptical machines, rowers, treadmill, swimming, etc.

The routines don't go over 20 minutes. In his book Dr. Sears outlines many other routines and has blank work out forms so you can keep track of your sets and minutes. I would highly recommend his book. It has much more information than I could present in a short report. You can download an e-book copy (cheaper and faster) or get a print copy.

<http://www.alsearsmd.com/catalog/>

Simply scroll down the page and find his PACE book, titled *Rediscover Your Native Fitness*. The E-book is \$27.95. The print copy is \$37.95.

Strength and Muscle Program

Must warriors spend hours lifting weights to increase strength and build muscle?

No, definitely not. If this were 6 months ago, I would have recommend a weight training program called "SuperSlow." Although I think this is simply the best weight training program around, there is a much better strength program. I achieved tremendous increases in strength and increased muscle in my body using the SuperSlow system.

. I've been a weight lifting fanatic since I was 13. I have used about every kind of program there is including the Schwarzenegger routines. I'm including a section on the SuperSlow and you can check it out. It is a great strength and muscle builder and you can use it as a change up over the system we recommend here.

But I discovered a better strength and muscle building system about 6 months ago and want to pass it on to you. It has several advantages that weight training doesn't.

It only takes a few minutes. You can be done in 10 to 20 minutes. You don't have to buy weights or join a health club. I do think a fitness or health club membership is a good idea because they have a lot of exercise equipment that can be used for the PACE program. And in bad weather, you can still get your conditioning work in. At any rate, you can do this at your home.

Those Sneaky Russian Wrestlers

Not many normal guys know about this program. But many Olympic style wrestlers and martial arts types are catching on. The idea behind this system came about because a former national collegiate champion wrestler, Matt Furey, discovered that the Russian wrestlers, who were dominate at the time, didn't use weights in their training.

This was an amazing discovery. How could they not lift weights but be stronger than wrestlers who did? How was this possible? If they didn't use weights, what did they use?

One Unbelievable Indian Wrestler

Well the story goes back a little farther than the Russians. There was a wrestler from India named Gama. He won 5,000 matches in his day with no defeats. His success was attributed to his tremendously strong legs, arms, neck, back. In fact, his body was a powerhouse. He perfected a certain kind of leg squat, push-up, and neck bridge that he used in his training for strength. The squat eventually was named the Hindu Squat since the main religion in India is Hindu.

Furey's curiosity was quenched when he met Karl Gotch, a 1948 Olympian in Greco-Roman and freestyle wrestling. Gotch clued Fury into the "Body Weight" exercises used by Gama and the Russians, exercises that Furey later perfected and taught as a core of three awesome exercises. Body weight exercises use the weight of your body to build strength and muscle, hence no need for free weights or weight machines.

Functional vs. Weight Lifting Strength

Once Furey found out about the exercises he began using them. By this time he was into martial arts. He became the only American to become a world Kung Fu Shuai-Chiao (a Chinese martial arts system) champion. He noticed significant strength gains using the body weight exercises.

Not only did he gain more strength, he gained flexibility. His strength was in the whole range of his motions as a fighter. You see, with weight training your strength often ends up being restricted to a small range of motion. The system that Furey stumbled onto and perfected was superior because it addresses functional strength which is superior to weight lifting strength.

Functional strength is the strength used when doing a sport like wrestling, martial arts or any sport. It addresses the full range of motions you perform as you compete in your sport. Very important. Your muscles become stronger in the range of motion as you move in your sport. This is extremely important in the martial arts sports. The weakness of weight lifting is that muscle development is limited to a narrow range of motion. This is not to disparage lifting weights. It is simply that these exercises develop strength in a more and flexible manner.

The bottom line is that it is a more natural system of muscle and flexibility development.

Another benefit of the body weight system is that it strengthens many more muscles with fewer exercises than weight lifting. Even if you could address all the various muscles with weight training, you would have to do so many different exercises you would be stuck in the weight room all day.

The Supreme Power of the Royal Court

Furey called the core of these body weight exercises the **Royal Court**. They are the Hindu Squat, the Hindu Pushup, and the Back Bridge. With only three basic exercises you develop the widest range of muscles more efficiently than any other system. Furey explains how to do these and the reasons why they work in his book, ***Combat Conditioning***. I highly recommend the book.

Hindu Squats

Hindu squats develop the thighs, calves, lower back, and hips. They are used to add explosive power to the lower body. The squats, some of you might have heard them called knee bends, are done in a rhythmic brisk manner. The important concept to grasp is that you are exercising a wide range of muscles. I will give you directions on how to do these, but it is better to see pictures or even a video. I will give you some web sites so you can see how they should look.

1. In a standing position, position your feet about shoulder length apart, with your hands pulled tightly to the center of your chest.
2. Bring your hands down by your side and slightly behind your back for balance as you bend your knees.
3. As you are bottoming out, raise up your feet so you are on your toes. Keep your back straight.
4. As you rise, swing your arms up and straight out in front of you.
5. As you move into a completely upright standing position, move your hands back to the original position.
6. Start over.

* Note that breathing for Hindu Squats is opposite of what is usual. You exhale coming down and inhale when coming up.

Now you do not stop at any point as you are doing the squats. It is a brisk, continuing action. Keep track by counting how many you do. Beginners might do 25 to 50. If you don't do that many don't worry about it. Just keep improving. Doing a 100 Hindu Squats a session is a good work out. Keep building up your number.

Here's a helpful little video of the Hindu Squat to get you started until you order the book: (not from Furey's site)

<http://www.jeremymarkum.com/fitness/fitportal/full-entry-exercise/how-to-perform-a-hindu-squat>

Hindu Pushups

Hindu pushups have been used by Indian wrestlers for years. They build strength in the shoulders, back, and hip. Furey describes the action as like an ocean wave rather than the straight up and down action of the regular pushup most of us know.

1. In a prone position spread your legs out wider than your shoulders.
2. Raise you butt as high as you can.
3. Your head will only be a couple of inches off the floor and you will be looking straight back between your legs.
4. Go down like you would for a regular pushup. Your arms will come down and be in the same position as a regular pushup. Keep your legs straight through the whole repetition.
5. As you push back up, keep your back arched, and your head up high. You will have a huge curve in your back. Your head will be high and your hips will almost be touching the floor.
6. Move back to the original position. Do not stop but keep the repetitions moving like an ocean wave.

According to Furey, even if you can bench press 400 pounds, you probably won't be able to do more than 25 Hindu pushups. No matter how many you do, you will feel it in your chest muscles and back the next day. The bonus is that you'll add flexibility and strength to your back.

Here's a site that gives you some photos of the Hindu Squat and the Hindu Pushup:

<http://www.cbass.com/Furey.htm>

Back Bridge

This is a torturous looking exercise if you've never seen it in action before. Some refer to this as the neck bridge. Start out carefully with this one. You may want a partner to help you the first time or two you try it.

In fact, I would wait until I got Furey's DVD/Video or book before I'd do this one. This exercise stretches the spine and the neck, back, hips, thighs, and butt.

1. Lie flat on the floor and relax your shoulders and chest.
2. Rise up on your head using your neck in a straight, arching motion.
3. Your back should be highly arched.
4. Your goal is to stretch so far back that you are touching your forehead not your head to the floor. If you can't do this on the first try don't worry about it.
5. Hold your position for as long as possible. A minute is good.
6. Variation: rock back and forth gently putting pressure on your neck and back.

Use common sense with this last one. If you've never done neck exercises before be extremely cautious.

A few final notes on the Royal Court Exercises. They are meant to be deep breathing exercises. They help develop endurance so concentrate on breathing deeply as you do them. The Royal Court exercise should be done in a rhythmic motion so do not go too fast or too slow. Most people do not descend low enough on the down movement.

The good thing about the Royal Court exercises is that they are much easier on the joints and muscles than other regiments. They even help rehabilitate bad knees.

As you progress, make sure you add more repetitions to your workout. This will insure that you keep challenging your body. This will add strength and muscle to your body. You can do Hindu Squats everyday. If you have a few minutes to a set.

Make sure you use proper form. This will insure that you will not have injury problems. If you have weak knees, you can perform the Hindu Squats flat footed until you gain strength. Always use common sense when doing any exercise.

According to Furey, you can do these exercises everyday unlike weights. You can do a heavy day and a light day .

We suggest you alternate the PACE program (3 days a week) and the body weight exercises (3 days also). That's 6 days. On the 7th? Hell, take a rest. Chase your girlfriend around the house.

To order the excellent book *Combat Conditioning*: Go to Matt Furey's site at:

http://www.mattfurey.com/conditioning_videos.html

When you go to the site you will have a choice of "Option 1" or "Option2." If you only want the book select Option 2. It costs \$29.95. If you want the DVD or Video so you can see the exercises in action, select Option 1. Its cost is \$129.

To browse his website and find out more about who Matt Furey is go:

<http://www.mattfurey.com/>

Super Slow Weight Training

Here's the program. Lift to exercise all the major muscle groups. Get arms, legs, chest, and throw in a little abdomen. The great thing about a club like Bally's or one of the other chains is that they have the machines that isolate these different muscle groups. It

makes it easy. Once you see what kind of weight set up they have (they have both free weights and machines), you can rotate the different machines to isolate the muscle groups. Do at the most 5 exercises. Some of the exercises may stay the same and others, you can rotate. I always do the bench press.

Now here's the secret. **You will only do one set.** Most guys do 3. It is unnecessary and time consuming. What you want is to achieve what is called "failure." This means to pick a weight. Pick enough weight that you can do 5 repetitions, then on the sixth you will fail to do the full repetition. You will have to experiment with each machine or exercise to figure out what weight to use.

Now here is the secret to building strength and muscle growth, and the reason you will only do one set. It is called "super slow." You will see most guys thrusting the weights up and down in a wild manner. They aren't getting close to the maximum growth of their muscles. They are doing this because they don't know what they are doing or because they are showing off.

What you want to do is take a full 10 seconds going up and 5 seconds coming down.

Start with the 5 reps. Once you can build up to 10 repetitions, then you will add weight. How much? It might be 5 or 10 pounds or more. I have seen jumps of 20 pounds or more at a time. Keep repeating this procedure. You aren't trying to set a world record here.

Gradual is the best. And it keeps your energy level high. I know a 55 year old man that started out benching about 130 pounds. Within 2 years he was benching over 300 as his workout weight. He was 57. Most twenty year olds weren't doing that unless they had been football players or weightlifters in high school.

Remember 10 seconds up, 5 seconds down. Your last rep (repetition) should be to failure.

There will be a slight discomfort on the last repetition but what the hell - you're a warrior, right?. Only a little burn. You're only doing it once during the set. So pain, doesn't last but a few seconds. Well worth the muscle that will sprouting all over your body.

Why do you have to go through all this muscle stuff? Muscle = energy. Fat = sluggishness. Added benefits are how much better you will look. And you will be stronger. Other men will look at you with more respect when they see muscles sticking out of your t-shirt and shorts.

The Food Energy Link

The foods you eat play a significant role in your energy level. This includes the beverages you drink. The wrong kinds of foods and drink can destroy energy levels. In contrast, the

right foods in the right state can give you almost boundless energy if combined with the **Warrior King Crash Energy Program**. How much you eat and when can have a significant impact on how good you feel.

The Pathetic Energy Robbing American Diet

What's wrong with the American diet? Nothing you probably don't know, but here it is in a nutshell. Too much fat, too much cooked food, too much processed food, too much food at one time, late night eating, too many cola and caffeine drinks, and one very bad kick ass energy robber – refined white sugar. Did I mention nutrient depleted and chemically laden food? How about bad water? Do you suffer from stopped up nasal passages, allergies, and feel generally clogged? Additives to food trigger allergies in many people, and white refined flour used in white bread along with dairy products are extremely mucus forming.

Too much of what you eat and drink doesn't nourish you, it robs you of your energy because it produces excess fat and toxins into your body.

Here's the crux of the problem. The body needs nutrients to give energy to the body. Without enough of the proper nutrients energy levels drop. Toxins poison the body. They have a negative effect on energy level. I define a toxin in the body as any substance in the body that destroys energy and puts your health at risk.

Here's the other problem that most men don't realize. Even if you eat all the foods you are supposed to, it doesn't mean that food will convert to energy. Later we will discuss enzymes and why they are so important to create the energy you really want.

What food should do is provide nutrients to your body. They in turn provide you with energy and immunity to fight disease. What foods are best and how should they be prepared? In other words, what foods are best in providing nutrients and energy. How should they be prepared? Does it matter how many meals you eat and when you eat them?

Here's the big flaw in many diets. Most Americans eat far too many cooked foods. Of course, you are going to eat cooked meat unless you are a sushi fanatic. But a raw foods are essential to energy and health. Why? Because they are "living foods" which contain enzymes. Enzymes are energy producers.

What's wrong with cooked food? Cooking above 130 degrees destroys enzymes. Later we will take a closer look at enzymes. Men who are eating cooked or processed foods and little or no raw fruits and vegetables are in for a rude awakening. Their energy is slowly being sapped and they don't know why. They were probably taught as kids to always cook your food thoroughly.

Here's the must have gospel on foods: More raw fruits and vegetables; less cooked and processed foods. Here is a food fact and is hard to believe but true:

You spend about 50% of your energy digesting food.

That is an amazing but true fact for the average person. Think what would happen if you could get back some of that 50% to chase women, beat up your enemies, and help little old ladies across the street.

How do you spend less energy digesting food while getting even more energy producing nutrients into your body?

The big answer: Eat more raw enzyme laden food and less heavy, energy robbing meat especially fatty meats. The fact is that most men eat way more protein than they need and not near the amount of raw food they need. Eating raw food is the only way to exercise the colon. This is the best way to prevent colon cancer.

Raw fruits and vegetables provide more energy for your body.

Now think about this. When you have had a huge meal what happens? You get sluggish. Your energy is being sapped by overeating. You may even feel sleepy. Not only that, the digestive system can only digest so much food at one time. What happens to the undigested food? It turns to fat, a serious energy destroyer.

Tip: Eating 4 or 5 smaller meals instead of 2 or 3 larger meals will increase your energy level and also cause you to lose fat.

Now, I have further bad news. White refined sugar is one of the worst things you can eat. It not only adds empty calories to your body, it wreaks havoc with your sugar levels in your blood. Talk about soft drinks or carbonated beverages, these drinks block calcium absorption. Guess what? Calcium is vital in converting nutrients to energy.

So what do you do to get all the nutrients you need to be healthier and more energetic?

Do you have to spend hours of time figuring out a diet? Here are two simple approaches that take no time to learn and will leave your body with all the necessary energy producing nutrients you will need for a healthy energetic body.

Eat 4 fresh fruits per day and two large salads with varied ingredients.

What do I mean by varied ingredients? It is what is called the rainbow diet. If you don't have the time or inclination to spend hours and hours on what vegetable or fruit is good for what and what vitamins and minerals does each fruit or vegetable have use this:

The Rainbow Diet: rotate fruits and vegetables by color like the rainbow.

As you plan your weekly diet and think about salads you will want to eat, buy good lettuces and vary them. Iceberg lettuce which most people eat is the least nutritious of the lettuces. Find other lettuces and vary them. The mixed lettuces are very good.

Now vary your fruits and vegetables through the week by using colors. For instance, cantaloupe, peaches, oranges can supply the color orange. In your salads, you already have green but you can still add green, red, and yellow peppers. Eggplant is purple. Yellows: lemons, squash. Red: peppers, grapes, and tomatoes. You get the picture.

If you follow this one strategy, your energy will soar and your health will improve dramatically. Think of this as a long term project. For some reason, when you rotate all the different colors in your diet, you are getting all the nutrients you need for your body. There's no need to spend hours studying and planning your meals.

Rainbow Foods

Orange: carrots, sweet potatoes, pumpkin, cantaloupe, mango, peaches, oranges.
white: garlic, onions, bananas, pears, radishes, cauliflower, white cabbage, cucumbers.

blue/purple: eggplant, beets, grapes, prunes, blueberries, ripe olives.

yellow: corn, yellow squash, pineapple, yellow peppers, star fruit, lemons

green: lettuces(less iceberg), peas, beans, spinach, broccoli, brussel sprouts, green grapes, honeydew melon, green peppers, kale, cabbage, celery, green olives.

red: red peppers, tomatoes, strawberries, cherries, raspberries, watermelon, red cabbage.

This list is not complete. Get down to the grocery and you'll find many more. Even if you eat your other favorite foods like steak and desserts, doing this one dietary strategy will produce a significant energy change for you.

The best book on foods is Dr. Bernard Jensen's ***Foods That Heal***. It is outstanding. You can order this book online at amazon.com or barnesandnoble.com.

The other important part of the rainbow diet is that it helps your pH level. Nutritionists now know that it is very important for your body to be alkaline and not acidic. This diet helps bring your body back to an alkaline state. Cancer cannot exist in an alkaline state. Alkaline bodies are bodies brimming with energy.

You can buy kits or strips from health food stores and check out your acid/alkaline level. If you've been on a bad diet, you will be in an acid state. To significantly increase your energy level you must return to an alkaline state. Eat your raw fruit and vegetables, Warriors. See the ***10 Power Foods For Energy*** at the end of this report.

We know it is hard to maintain a good diet all the time, but the bottom line is to eat more raw fruits and vegetables. Don't get discouraged if you don't always stick with the perfect diet. In our busy, social world that is almost impossible. When you know you have drifted back to a bad diet, start eating your raw fruits and salads.

Tip: It is very important not to eat several hours before you go to sleep. You don't want to be draining your energy digesting food while your body is repairing and refreshing itself. You'll sleep better on an empty stomach.

Enzymes: Energy Gushers (and Other Supplements)

Are there good supplements out there that are effective and worth the money? There certainly are. One supplement you can add to your diet is what I call the energy gushers.

Enzymes help convert nutrients to energy. You actually deplete enzyme levels as you age. That means a 45 year old operates with less enzymes than a 25 year old. Simply put, the more enzymes you can get into your body the more energy you will have. So how do you do this? One way is to eat more raw food. Even that may not be enough especially as you get older. Most men do not get enough enzymes. You can buy enzymes from health food stores.

Enzymes not only help digest your food, they are also essential in every metabolic process including immune system, bloodstream, kidneys, pancreas, liver, and spleen.

Low enzyme levels lead to faster aging.

If you are eating a significant amount of protein and most men do, you need an enzyme to help digest it. Different enzymes break down different types of food. Here's a list. You can buy these from any good health food store or the internet.

1. Protease: breaks down protein
2. Lipase: breaks down fat
3. Amylase: breaks down starch
4. Cellulose: breaks down cellulose (plant material)

You can get enzyme supplement combinations in capsule form.

Energy is Green

What about other energy producing supplements? The best supplement you can take is some sort of "green supplement." The easiest way to take these is to get the powder or liquid forms. We simply don't eat enough green food.

One such supplement is **Kyo-Green**. Users report Kyo-Green boosts energy, controls appetite. They report less cravings for sweets, which helps with weight loss.

What does Kyo-Green have in it? It contains young, organic barley and wheat grass (these are packed with all kinds of nutrients for your body), brown rice, chlorella, and kelp.

Some studies on this marvelous green supplement have shown that Kyo-Green helps with sexual energy.

Buy Kyo-Green at a health food store or at this website:

<http://www.kyolic.com/html/products/greens/kyogreen.htm>

Green Magna is another green barely supplement. Why are these green supplements so important? They help alkalize the body. They contain proteins, minerals, amino acids, active enzymes, and are packed with some of the most important vitamins for health and energy.

Green drinks detoxify the body. They consist mainly of chlorophyll. The closest thing chemically to blood is chlorophyll and it is simply one of the healthiest and energy producing substances you can take. These powders are organic. Buy Green Magna at a health food store or can buy it from a website. Here is one:

http://www.greenfoods.com/products/green_magma.html

Spirulina is an algae. It is a potent food and energy producer. You might associate beta-carotene with orange foods like cantaloupe or carrots but these green foods are also high in this powerful antioxidant food. Spirulina also contains proteins for muscle building. Buy at your local health store or go visit their web page to discover all the health and energy benefits:

<http://www.spirulina.com/>

Chlorophyll, which is the closet thing on earth chemically and compositionally to your blood, can be bought in a liquid form. Just squirt a tablespoon full into a fruit drink and you have your greens for today. Get this at your local health food store. *Nature's Sunshine* produces theirs with mint which gives it a refreshing taste.

Bottom Line: Use 2 super powerful supplements, enzymes and green supplements.

Is There a Sexual Energy Herb? (a warrior's dream)

Good news warriors, yes there is and they are: not illegal, relatively cheap, and you won't suffer all the side effects. Can't wait to find out what they are? I couldn't either.

Although you will hear controversy about some herbs (which is mainly propaganda put out by the pharmaceutical companies), the Asians particularly the Chinese and Indians, have been using these plant powerhouses for thousands of years with good results.

They are more natural to the human body. The Chinese and the Indian (Ayurvedic) systems gently return the body to a healthy balance. David Simon, an M.D. and Medical Director for the Chopra Center for Well Being, lists the 7 best energy herbs.

Herb	Uses
Ashwagandha	Stress reducer, mental enhancement, immunity builder, antioxidant
Gotu kola	Calmness, sound sleep, brain tonic, antioxidant, immunity, vitality
Ginko	Jackpot: improves sexual function, a natural Viagra; nerves, immunity
Ginseng	JackpotII: stimulates penile erection (another natural Viagra); increases number and mobility of sperm, improves overall health; a rejuvenator
Guggul	Blood cleanser, lower blood pressure and triglyceride levels, helps clear clogged areas of body
Valerian	Calming effect, sleep aid
St. John's Wort	Sleep aid, anxiety reducer, reduced restlessness, natural antidepressant

Stress causes many energy problems. Exercise and the proper use of herbs can a long way in restoring a good night's sleep, thus more energy in your life.

It is not wise to take a bunch of different herbs all at once. I heard about one woman who was taking almost 30 different herbs at once. More is not better.

It is better to treat systems in the body for several months at least. Take the system (digestive, respiratory, circulatory, nervous, immune, glandular, intestinal, etc.) you want to work on the most, then use herbs to correct imbalances. For instance, golden seal is excellent for the immune system. In fact, golden seal is one of the herbs that you wouldn't take for months but a couple of weeks, it is so powerful. Always consult a good reference book as to how long to take these herbs. At the end of the report we will list two excellent books you can use for this purpose.

Warning: anytime you use antibiotics, you destroy the good bacteria in your intestine. Antibiotics doesn't distinguish between good and bad bacteria. You need the good bacteria to help break down food. So what do can you do to reestablish the good bacteria in your system?

Every time you use antibiotics, you should take **acidophilus**, a form of good bacteria, to replace what you've lost. If you don't, your good bacteria is gone and that reeks havoc in

your intestines. Without good bacteria, toxics will build up and destroy the healthy nutrients you need for energy. Buy **acidophilus** at a health food store.

What is the best way to take herbs and herbal combinations? You can buy them in capsule or liquid extract form. Easy to take. You can also buy them as teas to drink.

Being a warrior, I'll bet you'll start with the Ginko and the Ginseng. Make sure you have some free time for your wife or girlfriend! Don't expect results over night. These herbs are not Viagra; they restore your sexual energy in a more natural way. But down the road, Watch Out!

Alert: Most food we get in the stores today is zinc depleted.

Zinc is a must have mineral for the prostrate. How can you get the zinc you need without resorting to store bought vitamins? There is one food that is chock full of zinc. Pumpkins seeds. That's right, pumpkin seeds. Find a health food place that sells raw pumpkin seeds in bulk and stock up. Eat a handful twice a week. You'll be protecting your sex life.

The Effortless Energy Builder: Sleep

Sleep is not an option element. Quality sleep pulls all the other elements together. It is necessary to multiply the effects of exercise and diet. It is a necessary and powerful energy builder. Do you wake up in the morning more tired than when you went to sleep? If you do, your energy level is zeroing out. Time to make some changes starting with sleep.

Don't underestimate the power of sleep. In a scientific experiment, rats deprived of sleep for two to three weeks died. About the same amount of time it took them to die if deprived of food.

How much sleep do you need? For the average adult: 8 hours. Some adults need only 6. Naturally, individuals are different. There is a thing called "sleep debt." Maybe you sleep one hour less than you need. Here's the problem. You may not notice any difference in your performance levels at first. However, as the sleep debt builds it will make a difference in your performance. Going night after night with an hour or more sleep loss, feeds the "sleep debt." Initially, you may not notice the loss in efficiency. If you notice sleepiness during the day you know it might be sleep deprivation.

Look for the following signs: sleepiness during the day and a performance loss in your work.

Here's the rub. All you warriors in the eastern and central time zones who love watching Sunday or Monday Night Football are probably damaging your energy level. If you stay up, then make sure you get back to normal as soon as possible. Of course, football

viewing late into the night is one of our warrior joys. Make sure you don't carry it out for the whole week with other pursuits like drinking with the guys.

What else do we know that's absolutely important to energy maintenance? Here's the crux of the matter when it comes to getting enough sleep. Researches have found that there are levels of sleep. Some light, others deep. One group of researchers found that we have four levels of sleep. Levels one and two are considered light sleep. Although these levels are good for you, it's not until the 3rd and 4th levels that some of the most important sleep functions are carried out. The third and fourth levels have been called the delta levels because of the delta brain waves discovered while in this sleep state. These levels are necessary to restore your energy levels and return you to your natural rhythm.

During the night these cycles are repeated several times. Sleeping problems occur when the cycles are broken up. This may happen for various reasons. One is sleep apnea which has received a lot of press lately. If you find your self snoring or waking up at night gasping for air because you have stopped breathing, you need to tell your doctor.

Bottom Line: Get your 6 or 8 hours of uninterrupted sleep. If you get off track for a night or two get back, because you can build up a "sleep debt." If your sleep is getting interrupted, consult your doctor about your problem.

Sleep is an absolute power element in raising energy levels.

If you want to raise your energy level, get the sleep. Think of sleep as an effortless energy builder. It recharges that energy battery. It sharpens the brain and returns you to your natural masculine energy level. If you need some natural sleep aids to get you back to a more normal schedule, see the section on herbs.

Sleep Tips:

- Maintain a regular sleep schedule as much as possible
- Make sure your sleep environment is dark, cool, quiet
- No eating for 2 to 3 hours before bedtime (this is an absolute must)
- Avoid tobacco, alcohol, sugar before bedtime (sleep destroyers)
- Do a relaxation or meditation routine before sleep
- Evaluate your mattress and pillow (Do you need an upgrade for comfort?)

Energy Destroyers

We all know the culprits here so we won't spend a lot of time on them. Some of them of the worst Energy Killers are:

- white refined sugar
- white flour

- alcohol in excess
- drugs (even pharmaceutical)
- caffeine in excess
- animal fat
- large meals
- late night meals and snacks
- sitting on your butt all day
- lack of sleep
- stress and tension
- anger (yea I know, we all have to drive on the freeways)
- drinking bad water (your city's water supply) or not drinking enough water

Hopefully, you will drink distilled water or have an excellent filtration system put in your house. Drink 8 regular glasses a day. As you get older, you don't feel thirst as much, even though your body needs the water. So don't measure your need by thirst only.

Other Great Energy Enhancers You May Not Have Tried

Massage

What does massage do? It relaxes you. It gets rid of tension and helps with sleep. It also releases energy blockages in specific parts of your body. It stimulates circulation on a cellular level. It helps create energy within the cell.

Meditation

What does meditation do? It gently brings the natural rhythm of your body to its normal state. It calms the mind. Get a good book on meditation. About twenty minutes once or twice a day will have great calming effects and will bring your thinking to sharper focus. Do you have to be a Buddhist or Hindu to do this? No, there are books on generic meditation. Studies done on meditators have shown improved blood pressure and other health benefits.

Internal Cleansing

Why is this important? Think about your car engine. The oil gets dirty and can ruin your engine. The human body is much like this. You end up with pollutants in the body. These seep into your blood stream and start effecting your energy level. Eventually it will effect your health.

These problems start in your colon. Crude gets lodged on the sides of the colon wall. It accumulates and thickens. One reason you are always being told to eat oatmeal is that it helps message the colon and keeps it clean. Eating a lot of fiber helps(raw foods like

apples and lettuces are great). Our diets are horrible and help produce a lot of toxic crude. This crude compacts on the intestine walls. It releases toxins into your system. Toxins lower your energy level and puts stress on your immune system.

How can you get rid of all these poisonous toxins?

There are two ways. One is gentler and less expensive. It may not take care of the problem totally, but it will improve your energy level. The other is more embarrassing and more expensive but it will really clean out the bowels and can significantly raise your energy level, especially if you are older.

Cleansing Methods

Method 1: Visit your local health food store. There you can buy internal cleanses. These are herbal blends. They are in packages and within are smaller daily packages about 20 to 30. There is one temporary problem. As you cleanse your body you will expel toxins from your system. This can lead to a temporary loss of energy and if your body is really polluted you may feel sick for a day or two. But the bottom line is that you will have more energy later.

Method 2: Find an alternative health practitioner in your neighborhood who does colonics. This is the best way to strip most of the toxic crude out of your system.

The 10 Energy Commandments (Do's)

1. Do your PACE and Strength Program
2. Sleep Enough that You Feel Rested
3. Do a Relaxation Regiment or Meditation 30 Minutes each Day
4. Make Raw Vegetables, Fruits, Seeds, and Nuts Your Food Religion
5. Juice Several Times a Week (a combination carrot, celery, and beet juice is great)
6. Do a Cleanse at Least Twice a Year
7. Take a Green Power Feeding Every Day (Powder or Liquid)*
8. Add Power Food to Your Daily Diet
9. Add Herbs and Enzymes for Energy Optimization
10. Drink 8 Glasses of Distilled Water Every Day

The 10 Energy Commandments (Don'ts)

1. Don't Eat Too Much Sugar.
2. Don't Sit All Your Waking Hours
3. Don't Eat Late at Night
4. Don't Stuff Yourself at Any Meal
5. Don't Use Tobacco in Any Form
6. Don't Keep Your Stomach Stuffed at All Times
7. Don't Take Drugs; Drink Alcohol in Moderation
8. Don't Ingest Too Much Caffeine Day After Day
9. Don't Eat 100% Cooked Food All the Time
10. Don't Live with Tension and Anger

10 Power Foods For Energy

1. Apples (the doctor was right about an apple a day; too many benefits to list)
2. Carrots (Vitamin A ; carrot juice has been central in cancer healing diets)
3. Celery (sodium, the youth mineral; don't get your sodium from salt)
4. Almonds (a great purifier)
5. Anything green (green supplements are great for energy and health)
6. Pumpkin seeds (if you are a male, a must eat food)
7. Oats (colon cleanser; also a sexual energy builder)
8. Garlic (a natural antibiotic and antiviral food; you can buy in odorless tablets)
9. Sprouts (bean, alfalfa, others; they provide hard to get minerals)
10. Water (maybe you don't consider it a food, but is too important to omit)

Warrior King Health and Energy Recommended Books

Rediscover Your Native Fitness, Dr. Al Sears

Combat Conditioning, Matt Furey

Vital Energy: The 7 Keys to Invigorate Body, Mind & Soul, David Simon, M.D.
Dr. Simon has an excellent section on the use of herbs for energy enhancement.

Foods That Heal, Dr. Bernard Jenson

If you want a breakdown of the nutritional value of most of the fruits or vegetables that you've ever eaten, this is the book for you. He also discusses what minerals are good for what and which vegetables or fruits have the most for a particular vitamin or mineral. He is the man that developed the easy to implement rainbow diet. You won't find a more knowledgeable individual about food.

Prescription for Nutritional Healing,

Great book on how healing occurs when you use the correct nutrients to maintain and heal the body. This is a must have reference book.

Prescription for Dietary Wellness

How to use food to maintain energy and health. Great book. I reference this all the time. It has some great recipes in it. If you are really interested in why you should eat certain foods, this is your book.